



Special points of interest:

- Food Safety
- What's New About MeL.org?

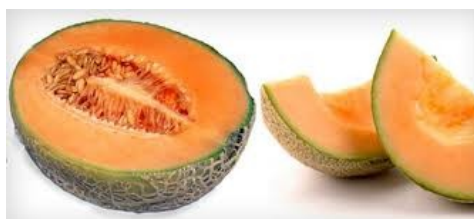
Fall 2011

Listeria and You?

Food is part of our daily lives—whether we like it or not. The recent listeria outbreak affecting those eating melons from Colorado has us all thinking about where our food comes from and how it was handled.

To keep abreast of the latest recalls and produce at risk go to <http://www.foodsafety.gov>. The site is maintained by the Center for Disease Con-

trol (CDC). Aside from the hard facts, number of sick or number of deaths, this site has links to information on prevention, proper food handling, who



is most at risk and much more.

The Michigan Department

of Agriculture and Rural Development has links to food safety resources at <http://www.michigan.gov/mdard/0,4610,7-125-50772---00.html>

The Health and Wellness Resource Center on MeL.org has over 40 magazine and journal citations on listeria from Wall Street Journal coverage to professional scientific journals in 2011. 14 of those articles are available in full text from your desktop. Those that are not can be obtained via interlibrary loan. ◇

Genetically Engineered Food

Although many European countries have objected to Genetic Engineering (GE) or Genetic Modification (GM) of food, it is only emerging as a hot issue in the United States today. A lot of food that we eat today contains

genetically modified ingredients and usually without our knowledge.

Controversy surrounds the issue. Is it safe to eat these modified foods? Does engineering insect resistant plants damage the ecosystem? Who 'owns' the new genes?

For articles and links addressing these issues call 3-1300 or email us at

librarian@michigan.gov ◇



Fruitful Health Tip

Even fruits with rinds, like oranges and melons, should be washed with clean water before eating. Knives and fingers can transfer bacteria from the rind to the edible flesh within. ◇



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Content Changes to MeL.org

New contracts went into effect for the Michigan eLibrary, MeL.org on October 1, 2011. A few changes in content have resulted.

NetLibrary fans should now look for **eBooks** on the MeL Databases list.

Opposing Viewpoints in Context has been added. It features contextual information and opinions on hundreds of today's hottest social issues.

Learning Express, the collection of practice exams from 4th grade reading through college entrance exams and civil service test, remains. Its companion, the **Job and Career Accelerator**, continues to assist students and displaced workers to get into the workforce.

Review the complete list of over 40 available databases at <http://mel.org> !! ◇

Check out MeL's **Health and Wellness Resource Center** for full text materials from journals, pamphlets and other sources.....

"If you know the art of breathing, you have the strength, wisdom and courage of 10 tigers." (an old Chinese adage.)



Here's one simple breathing exercise to get you started.

Sit comfortably
Breathe normally

In groups of 5, count exhalations. If you find you have counted higher than 5 your mind has wandered. Some stress will have gone as well!! ◇



Keeping Food Safe in Schools

The document, [Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#), delivers USDA guidance for implementing HACCP (Hazard Analysis and Critical Control Point) programs in the National School Lunch Program or School Breakfast Program. It features minimum elements that must be observed in a food safety program.

The Michigan Depart-



ment of Education links to this publication as well as materials on designing a food safety program, inspection requirements, policies and food safety certification. See http://www.michigan.gov/mde/0,4615,7-140-43092_50144-194536--00.html ◇

Tips for Seniors

The Michigan Office of Services to the Aging has some excellent advice for older Michiganians. Physical limitations like poor vision and limited finances can expose seniors to spoiled food. Check out their page at <http://michigan.gov/miseniors/0,1607,7-234-43293-154749--00.html> ◇

